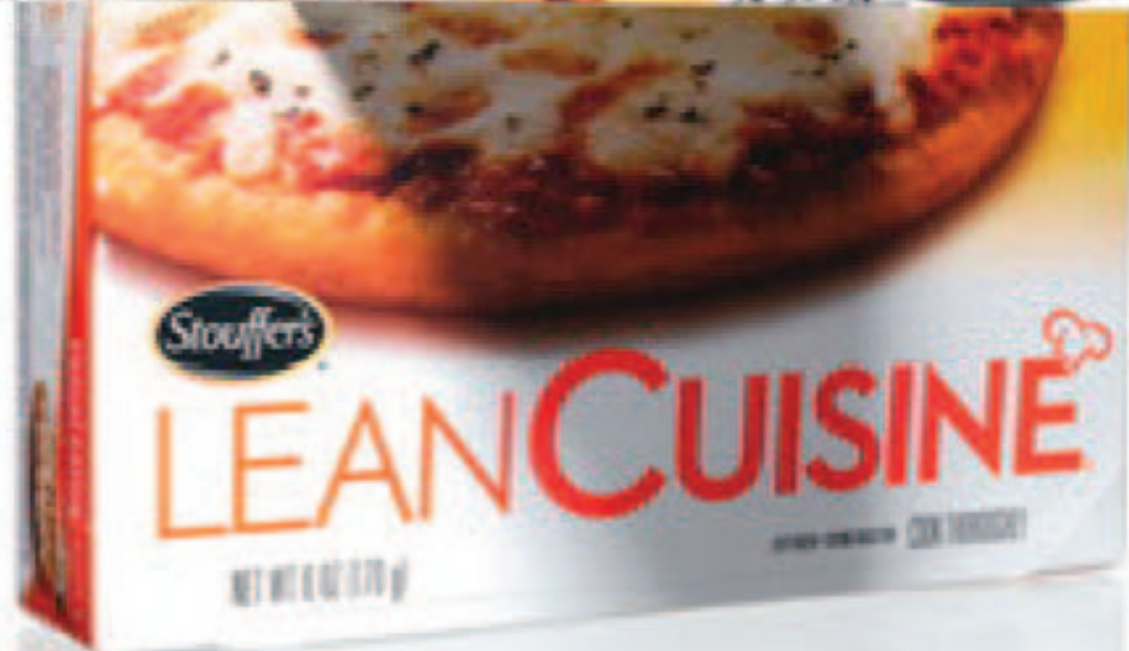


54.

LEAN CUISINE FIVE
Lean Cuisine Four
Cheese Pizza
Loaded with cheese (Mozz, mozzarella, Parmesan, and Romano) but light on calories.
Per pizza: 400 calories, 9 g fat, 2.5 g saturated fat, 30 mg sodium, 29 g carbs, 10 g fiber, 2 g sugar, 20g protein.



We sent our nutritionist and weight-loss expert, Lisa Drayer, R.D., on a shopping spree to find the healthiest foods. The result: a list of taste bud-pleasing products that fight disease and stop flab before it starts.

PHOTOGRAPHS
BY
CHRISTINE

100 BEST PACKAGED FOODS

FOR WOMEN

HANDS DOWN, THE HEALTHIEST FOODS in any supermarket are those that haven't been bagged, boxed, and tagged with a heavily advertised logo. In fact, the really good-for-you items usually have a single ingredient (apples, lettuce, chicken) and look like something you'd find on a farm. As for the 40,000 other "processed" or "packaged" products, choose wisely and they'll help round out a balanced diet. But that's a lot easier said than done.

If you're like most women, you hit the grocery store no more than once or twice a week for 10 minutes to an hour—hardly enough time to read every nutrition label. To spare you the hassle, nutritionist Lisa Drayer, R.D., made her way down the aisles of 10 different supermarkets, one shelf at a time, scanning the ingredients of thousands of packaged foods. The final step was a massive taste test conducted by Drayer, fellow nutritionists, and a handful of always-hungry *WH* staffers.

The result: these 100 winners, which deliver more of the nutrients your body needs to stay fit and slim without the excess calories, chemicals, and saturated fat that can weigh you down. You may not be able to get all 100 in your cart in 10 minutes or less, but you could definitely burn some fat trying.

BREAD & CEREAL

The essential, the basic

- 1. BAGEL**
Thomas' 100% Whole Wheat Mini Bagels
A bagel with the same calories as 2 slices of bread.
Per bagel: 140 calories, 5 g fat (10 g saturated), 25 mg sodium, 25 g carbohydrates, 2 g fiber, 6 g protein
- 2. BREAKFAST CEREAL**
Kashi Heart to Heart
Packed with antioxidants and fiber, lightly sweet and crunchy.
Per cup (with skim milk): 100 calories, 1.5 g fat (0.5 g saturated), 120 mg sodium, 41 g carbohydrates, 4 g fiber, 6 g protein
- 3. CEREAL FOR SNACKING**
Barbara's Bakery Cinnamon Puffins
Crunchy cinnamon corn squares, yummy enough to munch on milk.
Per 1/2 cup: 100 calories, 1 g fat (0.5 g saturated), 120 mg sodium, 18 g carbohydrates, 2 g fiber, 2 g protein
- 4. OATMEAL**
Quaker Nutrition for Women
Tummy-filling oatmeal fortified with folic acid, iron, and half your daily calcium needs.
Per packet: 190 calories, 1 g fat (0.5 g saturated), 220 mg sodium, 22 g carbohydrates, 2 g fiber, 5 g protein
- 5. GRANOLA**
Bear Naked All Natural Granola
We love Apple Cinnamon with almonds, walnuts, coconut, and honey.
Per 1/2 cup (Apple Cinnamon): 140 calories, 7 g fat (1.5 g saturated), 0 mg sodium, 28 g carbohydrates, 2 g fiber, 2 g protein
- 6. SLICED BREAD**
Pepperidge Farm 100% Whole Wheat Natural Who's In Bread
Thick, tasty slices high in fiber and protein.
Per slice: 50 calories, 1.5 g fat (0.5 g saturated), 120 mg sodium, 10 g carbohydrates, 2 g fiber, 4 g protein
- 7. TORTILLA WRAP**
Wheat 'n' Itz 100% Whole Wheat Wraps
With omega-3s and 30 percent RDA of calcium.
Per tortilla: 140 calories, 1.5 g fat (0.5 g saturated), 120 mg sodium, 18 g carbohydrates, 2 g fiber, 2 g protein
- 8. PITA BREAD**
Thomas' Sahara 100% Whole Wheat Pita Pockets
Higher in muscle-building protein than a lot of pitas out there.
Per pita: 140 calories, 1.5 g fat (0.5 g saturated), 200 mg sodium, 17 g carbohydrates, 4 g fiber, 6 g protein
- 9. FLATBREAD**
Konjac Who's Wheat Pockets
Thin flatbreads perfect for mini pizzas.
Per flat: 50 calories, 1 g fat (0.5 g saturated), 120 mg sodium, 2 g carbohydrates, 4 g fiber, 2 g protein
- 10. MUFFIN**
Vitamuffin
A lovable treat with 15 vitamins and minerals.
Per muffin (Deep Cheddar): 100 calories, 1.5 g fat (0.5 g saturated), 140 mg sodium, 15 g carbohydrates, 1 g fiber, 2 g protein

DAIRY, SOY & EGGS

Contains nutrients with little fat

- 11. YOGURT**
Stonyfield Farm Fat Free Peach
All natural and tastes like a creamy dessert.
Per 50 g: 140 calories, 0 g fat, 20 mg sodium, 25 g carbohydrates, 1 g fiber, 6 g protein
- 12. AMERICAN CHEESE**
Kraft 2% Milk White American Singles
Low cal with 25 percent of the RDA for calcium.
Per slice: 20 calories, 2 g fat (1 g saturated), 120 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g protein
- 13. SWISS CHEESE**
Alpine Lace Red used Fat Swiss
Best flavor with a third of your daily calcium needs.
Per slice: 20 calories, 2 g fat (1.5 g saturated), 140 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g protein
- 14. STRING CHEESE**
Sargento Light String Cheese Snacks
Reduced fat mozzarella cheese to go.
Per stick: 50 calories, 1.5 g fat (0.5 g saturated), 120 mg sodium, 5 g carbohydrates, 0 g fiber, 6 g protein
- 15. COTTAGE CHEESE**
Kraft Light n' Lively Lowfat Cottage Cheese with Calcium
Two hundred milligrams of calcium in each cup.
Per 1/2 cup: 50 calories, 1.5 g fat (0.5 g saturated), 120 mg sodium, 6 g carbohydrates, 0 g fiber, 2 g protein



- 16. SMOOTHIE**
Stonyfield Farm Light Organic Smoothie
Fat free, lower calorie smoothie in delicious flavors: Strawberry, Wild Berry, Peach, and Banana Berry.
Per 10 oz (Ready): 120 calories, 0 g fat, 25 mg sodium, 40 g carbohydrates, 2 g fiber, 2 g protein
- 17. SOY MILK**
Silk Vanilla Soy Milk
Blend with ice and it's almost as good as a shake.
Per cup: 100 calories, 2.5 g fat (0.5 g saturated), 20 mg sodium, 20 g carbohydrates, 1 g fiber, 6 g protein
- 18. MILK**
Horizon Organic Fat Free Milk (serif)
Per cup: 90 calories, 4 g fat (0 g saturated), 120 mg sodium, 0 g fiber, 6 g protein
- 19. EGGS**
Eggs n' Best All Natural Grade A Eggs
High in vitamin E with 100 milligrams of omega-3s and 25 percent less saturated fat than regular eggs.
Per egg: 70 calories, 4 g fat (1 g saturated), 120 mg sodium, 0 g fiber, 6 g protein

PASTA & RICE

Pick whole grains in top-rated ones

- 20. PASTA**
Barilla Plus
Stomach-hugging spaghetti made from good-for-you grains and legume-like lentils, chickpeas, oats, and riboseeds.
Per 1/2 cup: 110 calories, 1 g fat (0 g saturated), 15 mg sodium, 22 g carbohydrates, 4 g fiber, 3 g protein
- 21. RAVIOLI**
Rosetto Frozen Cheese Ravioli
No preservatives, only 4 grams of fat per serving (and low for ravioli), and 10 percent of your calcium needs. Best part: They cook up in just 5 minutes.
Per 1/2 cup: 120 calories, 4 g fat (1 g saturated), 120 mg sodium, 25 g carbohydrates, 2 g fiber, 10 g protein

- 22. SEASONED RICE MIX**
Near East Whole Grain Blends
Unusually high in fiber and protein.
Per 1/2 cup (Prepared): 150 calories, 5 g fat (1.5 g saturated), 120 mg sodium, 22 g carbohydrates, 4 g fiber, 6 g protein
- 23. PLAIN RICE**
Success Whole Grain Brown Rice
Fast and 100 times better at satisfying hunger than white.
Per 1/2 cup: 150 calories, 1 g fat (0 g saturated), 0 mg sodium, 22 g carbohydrates, 1 g fiber, 4 g protein
- 24. QUINOA**
Seeds of Change Tomato Basil
Protein-rich organic quinoa offers 15 percent of the RDA for iron, which most women need more of.
Per cup: 150 calories, 2.5 g fat (0.5 g saturated), 120 mg sodium, 25 g carbohydrates, 4 g fiber, 6 g protein

FRUIT & GREENS

Low sugar and low-fat packages

- 25. APPLE SAUCE**
San Jo's Organic Applesauce
Coddles of apples, with 65 milligrams of potassium, 2 grams of fiber, and way less sugar than traditional brands. Cinnamon makes it more like apple pie.
Per 1/2 cup: 70 calories, 0 g fat, 17 mg sodium, 16 g carbohydrates, 1 g fiber, 0 g protein
- 26. FRUIT CUP**
Dole Monie Strawberry Banana Flavored Peaches
A sweet, juicy snack with 100 percent vitamin C.
Per 1/2 cup: 70 calories, 0 g fat, 10 mg sodium, 17 g carbohydrates, 1 g fiber, 1 g protein
- 27. BAGGED SALAD GREENS**
Earthbound Farm
All organic lettuce and vegetables that taste great and hold up in the fridge.
Per 1/2 cup (w/regular baby romaine): 25 calories, 0 g fat, 20 mg sodium, 4 g carbohydrates, 1 g fiber, 1 g protein

KEY Check the color-coded dots to discover the health benefits of the 100.

- PROMOTES WEIGHT LOSS
- BUILDS MUSCLE
- RIGHTS CANCER
- RIGHTS HEART DISEASE
- BUILDS BONE

18.

MILK
Horizon Organic Fat Free Milk
No antibiotics, growth hormone, or pesticides, and fortified with vitamins A and D.
Per cup: 90 calories, 4 g fat (0 g saturated), 120 mg sodium, 0 g fiber, 6 g protein



SNACK BARS, CHIPS & CRACKERS

Low-cal, low-fat, low-saturated-fat

- 28. ENERGY BAR**
Pria Grain Essen Bars
Chewy, filling snack bar with 40 percent of the RDA for calcium.
Per bar: 100 calories, 2.5 g fat (0.5 g saturated), 20 mg sodium, 18 g carbohydrates, 2 g fiber, 5 g protein
- 29. SNACK BAR**
Fiber One Oats & Cereal Chewy Bars
Totally indulgent but loaded with fiber.
Per bar: 100 calories, 4 g fat (1.5 g saturated), 20 mg sodium, 18 g carbohydrates, 2 g fiber, 1 g protein
- 30. GRANOLA BAR**
Nature Valley Roasted Almond Granola Bars
Rich in satisfying whole grains, with a killer crunch.
Per bar: 90 calories, 2.5 g fat (0.5 g saturated), 20 mg sodium, 14 g carbohydrates, 1 g fiber, 1 g protein
- 31. PRETZELS**
Snyder's of Hanover 12 Multi-Grain Pretzels (with sesame and poppy seeds)
More fiber and protein give these the edge over feeble competition.
Per 7 pretzels: 120 calories, 1 g fat (0 g saturated), 120 mg sodium, 18 g carbohydrates, 2 g fiber, 2 g protein
- 32. SNACK CRACKERS**
Kellogg's Multi-Grain All-Bran Crackers
Unlike most crackers, the low-cal, high-fiber servings are relatively big.
Per 15 crackers: 120 calories, 6 g fat (1 g saturated), 120 mg sodium, 18 g carbohydrates, 2 g fiber, 1 g protein
- 33. CRACKERS FOR CHEESE AND SPREADS**
Breton Reduced Fat & Sodium Wheat Crackers
One serving of these thick, crispy crackers has 15 percent of your calcium RDA and 8 percent of your iron. Equally notable: no trans fats.
Per 7 crackers: 140 calories, 1 g fat (0.5 g saturated), 120 mg sodium, 17 g carbohydrates, 1 g fiber, 2 g protein
- 34. RICE CAKES**
Quaker Corn Rice Cakes
Just a bite of the chocolate or caramel flavors and you'll never see soda in a cake with cardboard again.
Per cake (Chocolate Crunch): 60 calories, 1 g fat (0 g saturated), 25 mg sodium, 11 g carbohydrates, 0 g fiber, 0 g protein
- 35. GRAHAM CRACKERS**
Back to Nature Cinnamon Graham Sticks
Great cinnamon flavor with no trans fats or artificial preservatives.
Per 14 sticks: 120 calories, 2 g fat (0 g saturated), 120 mg sodium, 15 g carbohydrates, 1 g fiber, 1 g protein

ALL LISTED PRODUCTS: FOOD HUSTLER

SNACK BARS, CHIPS & CRACKERS

36. SOY CRISPS
Eat Smart All Natural Snacks Tomato Romano & Olive Oil Soy Crisps
A healthy way to feed your salt genes.

Per 20 chips: 250 calories, 2 g fat (5 g saturated), 250 mg sodium, 35 g carbohydrate, 2 g fiber, 2 g protein



37. VEGETABLE CHIPS
Flat Earth Baked Veggie Chips
Tasty, low-fat crunch

Per 1 oz: 120 calories, 5 g fat (5 g saturated), 100 mg sodium, 35 g carbohydrate, 2 g fiber, 2 g protein



38. POTATO CHIPS
Kettle Bales Potato Chips
Eat a big serving of aged white cheddar or spicy sweet Hickory Honey Barbecue and still avoid a calorie catastrophe

Per 1 oz: 170 calories, 2 g fat (5 g saturated), 100 mg sodium, 30 g carbohydrate, 2 g fiber, 2 g protein



39. PITA CHIPS
Stacy's Citrus Cinnamon Sugar Pita Chips
Sweet, crunchy and absolutely addictive!

Per 1 oz: 140 calories, 5 g fat (5 g saturated), 100 mg sodium, 20 g carbohydrate, 2 g fiber, 2 g protein



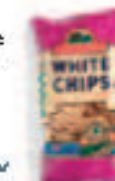
40. BAGEL CHIPS
Stacy's Whole Wheat Bagel Chips
Not many bagel chips are whole wheat and packed with protein. Crumble a handful on top of soup.

Per 1 oz: 120 calories, 4.5 g fat (5 g saturated), 100 mg sodium, 25 g carbohydrate, 2 g fiber, 4 g protein



41. TORTILLA CHIPS
Garden of Eatin' White Corn Restaurant Style Tortilla Chips
These large, thick, low-fat chips won't crack under a huge scoop of salsa.

Per 1 oz: 140 calories, 2 g fat (5 g saturated), 100 mg sodium, 25 g carbohydrate, 2 g fiber, 2 g protein



42. NUTS
Everybody's Nuts! California Pistachios
You have to work to get at these nuts, but potassium and healthy fats make them worth the effort.

Per 1 oz: 200 calories, 14 g fat (5.5 g saturated), 140 mg sodium, 2 g carbohydrate, 2 g fiber, 6 g protein



43. POPCORN
Orville Redenbacher's Smart Pop 94% Fat Free Microwave Kettle Corn Popcorn (see right)



43.

43. POPCORN
Orville Redenbacher's Smart Pop 94% Fat Free Microwave Kettle Corn Popcorn
The label says, "slightly sweet, slightly salty." We say "perfect!"
Per 1 cup (pop): 15 calories, 1.5 g fat (5 g saturated), 200 mg sodium, 12 g carbohydrate, 2 g fiber, 4 g protein

FROZEN FOOD

Figures include estimated sodium

44. FROZEN CHICKEN TENDERS
Bell & Evans Breaded Coconut Chicken Breast Tenders
Flash fried in non-hydrogenated oil—no trans fat!
Per 4 oz (8 half pieces): 200 calories, 5 g fat (1.5 g saturated), 200 mg sodium, 25 g carbohydrate, 2 g fiber, 10 g protein



45. FROZEN VEGETABLES
Birds Eye Steamfresh Fresh Frozen Vegetables
Microwave them right in the bag. With 10 varieties to choose from, you have no excuses for not eating your veggies.
Per cup (frozen): 20 calories, 0 g fat, 20 mg sodium, 4 g carbohydrate, 2 g fiber, 1 g protein



48. FROZEN SOYBURGER
Boca All American Classic Meatless Burgers
Soyburgers so meaty, it's hard to tell they aren't from a cow.
Per burger: 140 calories, 5 g fat (1.5 g saturated), 500 mg sodium, 4 g fiber, 15 g protein



50. FROZEN VEGETARIAN DINNER
Amy's Brown Rice & Vegetables Bowl
Even meat eaters will love the Asian flavor.
Per bowl: 250 calories, 9 g fat (1.5 g saturated), 250 mg sodium, 25 g carbohydrate, 5 g fiber, 8 g protein



45. FROZEN DINNER
Lean Cuisine Spicy Cusine Chicken in Peanut Sauce
Lots of peanut flavor with whole-wheat pasta, snap peas, carrots, and water chestnuts.
Per dinner: 120 calories, 5 g fat (1.5 g saturated), 630 mg sodium, 20 g carbohydrate, 2 g fiber, 11 g protein



47. FROZEN FRIES
A laesa Sweet Potato Louisiana Fries
More nutrients than white potatoes, and low in sodium.
Per 2 oz: 140 calories, 4 g fat (10 g saturated), 100 mg sodium, 22 g carbohydrate, 2 g fiber, 2 g protein



49. FROZEN VEGGIE BURGER
Garden of Eatin' Portabella
A satisfying mix of portabella mushrooms, brown rice, and mozzarella cheese
Per burger: 30 calories, 1.5 g fat (1.5 g saturated), 250 mg sodium, 35 g carbohydrate, 2 g fiber, 5 g protein



51. FROZEN BURRITO
Cedarshe Low-Fat Beans Rice & Cheese Style Burrito
Cheesy, chewy, and all organic.
Per burrito: 250 calories, 5 g fat (10 g saturated), 450 mg sodium, 40 g carbohydrate, 7 g fiber, 12 g protein



52. FROZEN EDAMAME
Seapoint Farms Frozen Edamame in Pods
Toss in salad or eat as a snack.
Per 10 oz: 200 calories, 2 g fat (10 g saturated), 20 mg sodium, 39 g carbohydrate, 4 g fiber, 2 g protein



53. FROZEN VEGETABLE PIZZA
Amy's Roasted Vegetable Pizza
Low-fat with bright, sweet veggies.
Per 12 slices: 170 calories, 5 g fat (1.5 g saturated), 40 mg sodium, 41 g carbohydrate, 2 g fiber, 6 g protein



54. FROZEN CHEESE PIZZA
Lean Cuisine Four Cheese Pizza (see page 158)
All natural, organic pasta with spinach and zucchini.
Per 16 oz: 250 calories, 12 g fat (10 g saturated), 100 mg sodium, 22 g carbohydrate, 2 g fiber, 11 g protein



55. FROZEN WAFFLES
Van's Hearty Oats Berry Boost Waffles
Stod-out oats, calcium, and omega 3s.
Per 2 waffles: 100 calories, 5 g fat (10 g saturated), 100 mg sodium, 22 g carbohydrate, 2 g fiber, 4 g protein



DRINKS

No empty calories allowed

57. ORANGE JUICE
Tropicana Light 'n Healthy Orange Juice
Most OJ averages 100 calories per cup. Light 'n Healthy cuts 50 without skimping on vitamin C.
Per 5 oz: 30 calories, 0 g fat, 55 mg sodium, 12 g carbohydrate, 0 g fiber, 2 g protein



58. FRUIT JUICE
Minute Maid Light Raspberry Passion
100 percent of your daily vitamin C needs, with only 15 calories per serving (compared with 110 in regular fruit drinks).
Per 5 oz: 15 calories, 0 g fat, 25 mg sodium, 4 g carbohydrate, 0 g fiber, 0 g protein

60. FLAVORED WATER
Glaceau Fruitwater
Turn plain old water into a fruity treat at only 20 calories.
Our favorite: Grape
Per 5 oz: 20 calories, 0 g fat, 0 mg sodium, 5 g carbohydrate, 0 g fiber, 0 g protein

59. ICED TEA
Lipton Iced Tea To Go Lemon-Mint
Zero-calorie packets with 80 milligrams of antioxidants per serving. Pour into bottled water.
Per 16 oz: 10 calories, 0 g fat, 0 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g protein

61. TEA
Salada Green Tea
The health benefits of green tea, plus vitamins A, C, E and ginseng too.
Per 5 oz: 0 calories, 0 g fat, 0 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g protein

62. HOT COCOA
Swiss Miss Diet Milk Chocolate Cocoa with Calcium
Chocolate urge hit hard on cold nights. Here's a sippable solution with the same calcium as a glass of milk.
Per packet: 15 calories, 0 g fat, 100 mg sodium, 4 g carbohydrate, 2 g fiber, 2 g protein

ICE-COLD TREATS

All these topped w/ 1/2 cup of milk

63. ICE CREAM CONE
Skinny Cow Ice Cream Cones
The best part: the crunchy, chocolate-lined cone.
Per cone: 150 calories, 2 g fat (1.5 g saturated), 25 mg sodium, 2 g fiber, 4 g protein



64. ICE CREAM SUNDAY
Weight Watchers Smart Ones Chocolate Chip Cookie Dough Sundaes
Cookie crust, fudge sauce, chunks of sugary dough.
Per sundae: 170 calories, 2 g fat (1.5 g saturated), 100 mg sodium, 22 g carbohydrate, 2 g fiber, 2 g protein



65. FROZEN DAIRY DESSERT
Edy's Dreyer's Loaded Frozen Dairy Desserts
Lots of cookie dough and brownie mixins without the guilt hangover.
Per 1/2 cup (1/2 cone): 140 calories, 2 g fat (1.5 g saturated), 55 mg sodium, 35 g carbohydrate, 2 g fiber, 2 g protein



66. FROZEN BAR
Häagen-Dazs Fat Free Sorbet & Yogurt Bars
Rich vanilla frozen yogurt coated with raspberry abet.
Per bar: 100 calories, 0 g fat, 25 mg sodium, 22 g carbohydrate, 0 g fiber, 2 g protein



67. FROZEN YOGURT
Stonyfield Farm Organic Low-Fat Minky Chocolate Chip Frozen Yogurt
You'll easily mistake this for ice cream.
Per 1/2 cup: 140 calories, 5 g fat (5 g saturated), 55 mg sodium, 28 g carbohydrate, 0 g fiber, 4 g protein



68. DAIRY-FREE ICE CREAM
So Delicious Dairy Free Sugar Free Fudge Bars
These fudgy soy-based bars will make you forget about milk.
Per bar: 100 calories, 5 g fat (5 g saturated), 50 mg sodium, 22 g carbohydrate, 2 g fiber, 2 g protein



69. FROZEN FRUIT BAR
Fruitea Super Fruitea Strawberry
Full of antioxidant-rich pomegranate juice and cherries.
Per bar: 100 calories, 0 g fat, 10 mg sodium, 22 g carbohydrate, 0 g fiber, 0 g protein



70. FROZEN FRUIT BAR
Fruitea Super Fruitea Raspberry
Full of antioxidant-rich pomegranate juice and cherries.
Per bar: 100 calories, 0 g fat, 10 mg sodium, 22 g carbohydrate, 0 g fiber, 0 g protein



THE SWEET STUFF

Kalman's message with a sugary twist



70.

COUPAKE

Hostess New! 100 Calorie Cupcake
Three-bite-size cupcake complete with that delicious white cream filling. Via portion control!

Per 2 cupcake: 100 calories, 2 g fat (1 g saturated), 200 mg sodium, 10 g carbohydrates, 2 g fiber, 2 g protein

71. COOKIES

Back to Nature
Chocolate & Mint
Cream Cookies
Smooth, creamy, rich filling. No high-fructose-corn syrup or hydrogenated oils.

Per 2 cookies: 52 calories, 6 g fat (1 g saturated), 120 mg sodium, 12 g carbohydrates, 1 g fiber, 2 g protein

72. COONEMIX

Dr. Oetler
Organic Oatmeal
Cookie Mix
Made with organic flour, sugar, and rolled oats. Tart and chewy.

Per 2 cookies: 130 calories, 65 g fat (10 g saturated), 150 mg sodium, 24 g carbohydrates, 0 g fiber, 2 g protein



73. BROWNIES

Glenn's 100
Calorie Brownie
A nutritionist favorite: When you find them, hoard this great-tasting, fiber-rich brownie.

Per brownie: 100 calories, 4 g fat (1 g saturated), 200 mg sodium, 22 g carbohydrates, 2 g fiber, 4 g protein

74. BROWNIE MIX

No Pudge! Fudge
Brownie Mix
So good you won't believe there's no fat. Just add fat-free vanilla yogurt and you'll find yourself wallowing in chocolate.

Per 1/2 stick: 100 calories, 0 g fat, 200 mg sodium, 22 g carbohydrates, 2 g fiber, 2 g protein



75. PUDDING

Swiss Miss
Low Fat
Creamy Milk
Chocolate
Pudding
Made with fat-free milk, it not only tastes deceptively indulgent, it gives you 20 percent of your daily calcium needs (that's more than some yogurts!).

Per pudding: 120 calories, 25 g fat (1 g saturated), 120 mg sodium, 16 g carbohydrates, 2 g fiber, 2 g protein

76. CHOCOLATE

Syrup
Hershey's Lite Syrup
Pour on the love.

Per 1 Tbsp: 45 calories, 0 g fat, 25 mg sodium, 13 g carbohydrates, 2 g fiber, 0 g protein



SOUP

Liquid meals & 8 yrs up there

77. CANNED SOUP

Amy's Organic Lentil
Vegetable Soup
Light in Sodium
Organic vegetable and notably low sodium.

Per cup: 100 calories, 4 g fat (0.5 g saturated), 240 mg sodium, 22 g carbohydrates, 6 g fiber, 2 g protein



78. SOUP IN A CUP

Healthy Choice
Old Fashioned Chicken
Noodle Soup
Everyone's favorite in a microwavable cup.

Per cup: 150 calories, 7 g fat (0.5 g saturated), 480 mg sodium, 30 g carbohydrates, 2 g fiber, 2 g protein



79. BOX SOUP

Imagine Organic
Creamy Broccoli Soup
Creamy yet low in fat.

Per cup: 60 calories, 1.5 g fat (0 g saturated), 470 mg sodium, 10 g carbohydrates, 1 g fiber, 2 g protein



80. FROZEN SOUP

Tabatnick Split
Pea Soup
Homemade taste with all natural ingredients.

Per pouch: 140 calories, 0 g fat, 280 mg sodium, 24 g carbohydrates, 12 g fiber, 12 g protein



MEAT & FISH

Think, less is not less healthy

81. TURKEY BREAST

Oscar Mayer
Oven Roasted Turkey
Breast Natural

Minimally processed with no artificial ingredients or trans fats.

Per 2 slices: 60 calories, 0.5 g fat (0 g saturated), 45 mg sodium, 0 g carbohydrates, 0 g fiber, 1 g protein



82. HAM

Healthy Choice
Thin Sliced Honey
Ham

Heavenly ham without a load of fat or calories. Pile it on whole-grain bread.

Per 4 slices: 40 cal, 60 calories, 15 g fat (0.5 g saturated), 45 mg sodium, 2 g carbohydrates, 0 g fiber, 2 g protein



83. CANNED TUNA

Bumble Bee
Chunk Light Tuna
in Water

Low-cal, low-fat protein with less mercury than albacore tuna.

Per 2 oz: 60 calories, 0.5 g fat (0 g saturated), 200 mg sodium, 0 g carbohydrates, 0 g fiber, 12 g protein



84. CANNED SALMON

Bumble Bee
Wild Alaskan Pink Salmon

Full of omega-3s but not the dangerous mercury. Perfect for salads.

Per 2 oz: 90 calories, 5 g fat (1 g saturated), 170 mg sodium, 0 g carbohydrates, 0 g fiber, 12 g protein



85. BACON

Oscar Mayer
Use Rich Turkey Bacon
A bacon fix that won't clog arteries.

Per slice: 25 calories, 2 g fat (1 g saturated), 190 mg sodium, 1 g carbohydrates, 0 g fiber, 2 g protein



98.

HEINZ ORGANIC TOMATO KETCHUP
Same as Heinz's original, only with organic tomatoes and sugar.

Per 1 Tbsp.: 70 calories, 0g fat, 300mg sodium, 5g carbohydrate, 0g fiber, 0g protein

SPREADS

Make up whole-wheat bread with healthy toppings.



86. PEANUT BUTTER
Peanut Butter & Co. Crunch Time All Natural Peanut Butter ●●
Ultra-thick, with chopped peanuts mixed in.
Per 2 Tbsp.: 190 calories, 18g fat, 17 grams total, 40 mg sodium, 5g carbohydrate, 2g fiber, 2g protein



87. CREAM CHEESE
Philadelphia Light Strawberry Cream Cheese ●
Turn a whole-wheat mini bagel into strawberry cheesecake.
Per 2 Tbsp.: 20 calories, 3g fat, 17.5 grams total, 37 mg sodium, 0g carbohydrate, 0g fiber, 2g protein



88. JAM/JELLY
Smucker's Low Sugar Free Raspberry ●
So sweet, you'll never miss the sugar they left out.
Per 1 Tbsp.: 25 calories, 0g fat, 0mg sodium, 6g carbohydrate, 0g fiber, 0g protein



89. BUTTER SUBSTITUTE
Brummel & Brown Vegetable Oil Spread Made with Natural Yogurt ●
Butter beats with half the calories.
Per 1 Tbsp.: 45 calories, 2g fat, 10 grams total, 20 mg sodium, 0g carbohydrate, 0g fiber, 0g protein

DRESSING, SAUCE & CONDIMENTS

Pick up the nuts with the healthiest fats.

90. HONEY MUSTARD DRESSING
Newman's Own Lighten Up Honey Mustard Dressing ●
Only 5 grams of sugar. Try tossed with red bliss potatoes.

Per 2 Tbsp.: 20 calories, 4g fat, 10.5 grams total, 150mg sodium, 2g carbohydrate, 0g fiber, 0g protein

91. RASPBERRY VINAIGRETTE DRESSING
Annie's Natural Raspberry Vinaigrette ●
Sweet, summery with little fat and few calories.

Per 2 Tbsp.: 25 calories, 1.5g fat, 0g saturated, 25mg sodium, 5g carbohydrate, 0g fiber, 0g protein

92. BALSAMIC VINAIGRETTE DRESSING
Maple Grove Farms of Vermont Balsamic Vinaigrette ●
Made with real maple syrup. Drizzle over mixed greens and a tablespoon of walnuts.

Per 2 Tbsp.: 50 calories, 2g fat, 10g saturated, 40mg sodium, 5g carbohydrate, 0g fiber, 0g protein

93. CREAMY CAESAR DRESSING
Cardini's Caesar Dressing Light ●
The rare light Caesar that tastes like the real thing.
Per 2 Tbsp.: 40 calories, 2g fat, 11 grams total, 20mg sodium, 5g carbohydrate, 0g fiber, 3g protein

94. TOMATO PASTA SAUCE
Cassio's Tomato & Basil ●
Perfectly balanced pasta sauce with onion, dried oil, and all the right spices.
Per 1/2 cup: 60 calories, 1g fat, 20mg sodium, 11 grams total, 5g carbohydrate, 2g fiber, 2g protein



95. SALSA
Santitas Rustic Tomato Salsa ●●
A tomato paste so ripe and juicy, no one will know it came out of a jar.
Per 2 Tbsp.: 30 calories, 0g fat, 300mg sodium, 2g carbohydrate, 0g fiber, 0g protein



96. DIJON MUSTARD
Maille Old Style Whole Grain Dijon Mustard ●
Grainy, rich texture adds loads of bite with almost no calories.

Per 1 Tbsp.: 30 calories, 0.5g fat, 0g saturated, 300mg sodium, 2g carbohydrate, 0g fiber, 1g protein



97. HONEY MUSTARD
Honeycup Uniquely Sharp Mustard ●
A tangy, sweet mustard-lover's dream.

Per 1 Tbsp.: 40 calories, 1g fat, 10g saturated, 2mg sodium, 1g carbohydrate, 0g fiber, 0g protein



98. KETCHUP
Heinz Organic Tomato Ketchup (see left) ●●



99. MAYONNAISE
Hellman's Reduced Fat Mayonnaise Dressing ●
As creamy and thick as regular mayo—but without all the fat and calories.

Per 1 Tbsp.: 20 calories, 2g fat, 10g saturated, 125mg sodium, 2g carbohydrate, 0g fiber, 0g protein



100. BREAKFAST SYRUP
Vermont Sugar Free Syrup ●
Splenda and small amounts of sorbitol hide the missing sugar. The straight-from-Vermont taste is perfect for waffles, pancakes, even sweet potatoes.
Per 1/2 cup: 25 calories, 0g fat, 300mg sodium, 5g carbohydrate, 0g fiber, 0g protein

